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JAVIER BARDEM ON NEW BOND {page 19}

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What will it take to save New York waterfronts?



► Council Speaker Christine Quinn urges proposals for protecting the city before the next big storm ► Ideas range from sea walls and floodgates to adding marshes {page 02}

DLANDSTUDIO AND ARCHITECTURE RESEARCH OFFICE

the word



Rihanna takes us around the world in a week

► Ri Ri is on a whirlwind tour for her new album, and Metro is on the plane with her {page 16}

Twi-hards will not try hard

{page 18}

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Quinn: City must act now before next storm comes

► Quinn calls for \$20B in federal funds ► Environmental activists call renewed awareness 'silver lining' to Hurricane Sandy ► Adding sea walls or floodgates could be necessary

Hurricane Sandy has thrust climate change back into the spotlight, with City Council Speaker Christine Quinn proposing yesterday that around \$20 billion be spent on bolstering New York's defenses against sea-level rise and



flooding.

In order to counter the effects of climate change, the city needs hard infrastructure, which could include sea walls and floodgates, plus restored sand dunes, salt marshes and other natural protectors of coastal areas, Quinn said in a speech.

Her announcement came less than two weeks after Mayor Michael Bloomberg endorsed President Barack Obama for reelection, saying he was the only candidate who saw climate change as an "urgent problem that threatens our planet."

"This has really catapulted to the top of the city's agenda," New York League of Conservation Voters spokesman Dan Hendrick told Metro. "I think there has been, pardon

the pun, a real sea change around climate change and adaptation."

Others agreed that Hurricane Sandy had forced the conversation.

"It's the silver lining of the tragedy of Sandy," said Glenn Phillips, executive director of New York City Audubon.

Under Quinn's proposals, Con Ed would erect structures around at-risk power plants and substations, overhead power lines would be replaced by underground ones and raised buffers would be installed around certain subway grates. Also, the region's gasoline distribution network would be overhauled, building codes might be changed and sewer-system upgrades would be expedited.

Quinn called on the federal government to supply the bulk of the roughly \$20 billion necessary for those changes.

Just a day earlier, Gov. Andrew Cuomo likewise asked the federal government for \$30 billion to help with recovery efforts related to Hurricane Sandy.

JESSE GREENSPAN
letters@metro.us



► A disaster-cleanup worker looks for environmentally dangerous waste yesterday at a mass dump of household possessions in Midland Beach on Staten Island.

"Two weeks ago we were reminded that our city is vulnerable to the forces of nature, that the reality of climate change puts our homes and our safety at risk."

QUINN

12

Inches of sea level rise that have occurred in the New York Harbor over the last century, according to the New York City Panel on Climate Change

How other low-lying cities prepare for storms

New York City is not the only place trying to stop storm surges. The Netherlands, for example, has spent billions of dollars on dams, dikes, walls, levees and other barriers, whereas London installed steel gates to protect itself from tides moving up the River Thames, according to Quinn. Louisiana, meanwhile, has been refurbishing wetlands and rebuilding small islands since Hurricane Katrina struck in 2005.

Water surge

Up to a dozen feet of extra water flooded NYC during Hurricane Sandy, according to National Oceanic and Atmospheric Administration data:

6

Feet of water surged above normal at Battery Park City

8

Feet of water surged above normal on the north coast of Staten Island

12

Feet of water surge on Great Neck, Long Island

In the news

MTA holds public fare-hike hearings

NEW YORK. The MTA continued fare-hike hearings last night, which will discuss its four different proposals for raising the prices for subway and bus rides. The hearings began at Baruch College and Hostos Community College last night, and more will be held today and tomorrow in Staten Island and Queens.

◀ METRO/AB

In the news



Murder verdict

LOWER EAST SIDE. A man was sentenced to 25 years to life in prison today for the 2011 murder of his girlfriend at her Lower East Side apartment. Raul Barrera, 35, stabbed 23-year-old Sarah Coit so many times he nearly decapitated her. Barrera pleaded guilty this September to second-degree murder. "This case illustrates the sobering fact that domestic violence can quickly turn fatal," Manhattan DA Cyrus Vance Jr. said in a statement. ◀ METRO/JG

NYC taxi drivers want priority at gas pumps

NEW YORK. Taxi advocates are pushing for VIP privileges when it comes to fuel during disasters like Hurricane Sandy. The New York Taxi Workers Alliance is arguing that cab drivers should get priority at the pump when subway lines are down and more people are depending on taxis. The group said long lines for the dwindling gas supply actually

prevented many drivers from working. "We want to help keep the city moving," said Bhairavi Desai, the alliance's director. "When we're sidelined, tens of thousands of New Yorkers are left stranded." The managing director of the League of Mutual Taxi Owners insisted taxis be third in line for fuel, behind cops and firefighters. ◀ METRO/CG



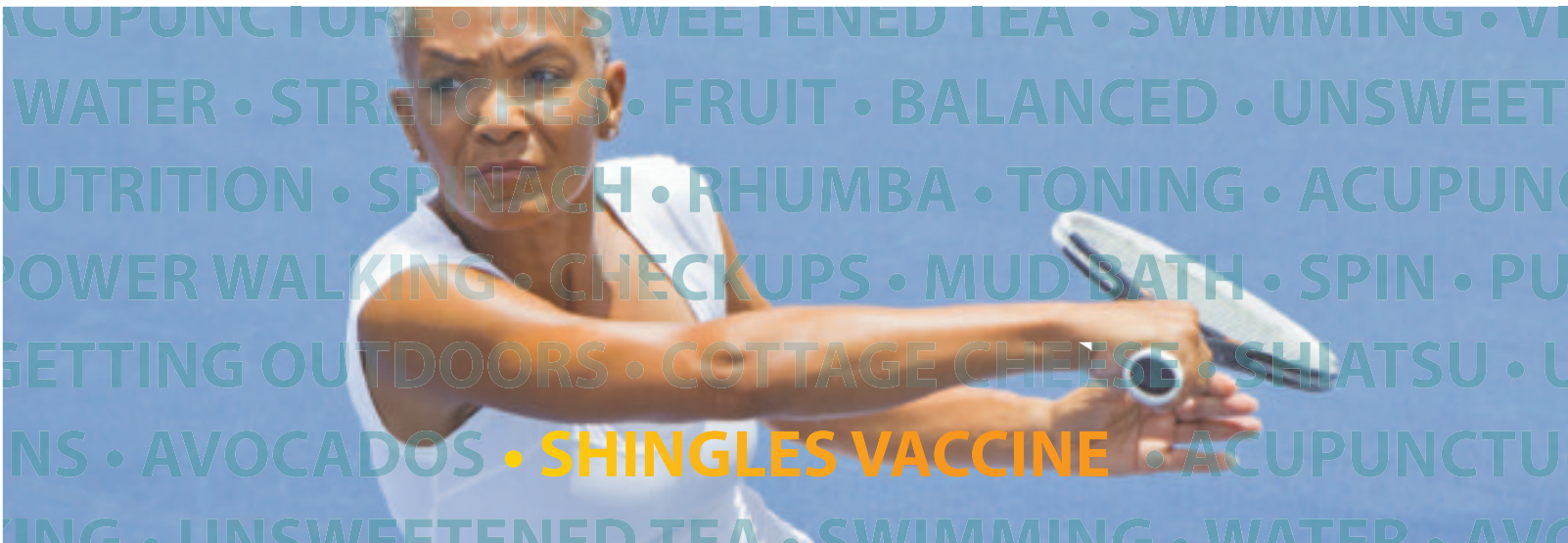
► Cab drivers complained they were left out of work by gas shortages.

Serial robber sentenced to decades in prison

MANHATTAN. A serial cat burglar was sentenced from 20 years to life in prison yesterday. Manhattan District Attorney Cyrus Vance Jr. said Luis Torres, 51, was sentenced for burglarizing apartments uptown. According to prosecutors, he snuck into three apartments on the Upper West Side, Upper East Side and Midtown. In September 2011, one victim

100 Keys and cards found in Torres' apartment, according to prosecutors

returned to his Upper West Side apartment to see that jewelry and electronics were missing. They found Torres through DNA evidence on a towel, leading to his arrest. ◀ METRO/AB



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Now's the time to help prevent Shingles with ZOSTAVAX.

ZOSTAVAX is a vaccine that helps prevent Shingles in adults 50 years of age or older. Shingles is caused by the same virus that causes chickenpox. The virus stays in your body and can resurface at any time as Shingles—a painful, blistering rash. And no matter how healthy you feel, your risk increases as you get older.

The sooner you get vaccinated with ZOSTAVAX, the better your chances of protecting yourself from Shingles. In fact, the ACIP* of the CDC (Centers for Disease Control and Prevention) recommends that appropriate adults 60 years of age and older get vaccinated to help prevent Shingles.



Talk to your health care professional to see if ZOSTAVAX is right for you.

ZOSTAVAX is given as a single shot. ZOSTAVAX cannot be used to treat Shingles, or the nerve pain that may follow Shingles, once you have it. For more information, visit ZOSTAVAX.com or call 1-877-9 SHINGLES.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the Patient Information on the adjacent page for more detailed information.

*ACIP=Advisory Committee on Immunization Practices



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ABOUT ZOSTAVAX

ZOSTAVAX is a vaccine that is used for adults 50 years of age or older to prevent Shingles (also known as zoster).

Important Safety Information

- ZOSTAVAX does not protect everyone, so some people who get the vaccine may still get Shingles.
- You should not get ZOSTAVAX if you are allergic to any of its ingredients, including gelatin or neomycin, have a weakened immune system, take high doses of steroids, or are pregnant or plan to become pregnant. You should not get ZOSTAVAX to prevent chickenpox.
- Talk to your health care professional if you plan to get ZOSTAVAX at the same time as PNEUMOVAX®23 (Pneumococcal Vaccine Polyvalent) because it may be better to get these vaccines at least 4 weeks apart.
- Possible side effects include redness, pain, itching, swelling, hard lump, warmth, or bruising at the injection site, as well as headache.
- ZOSTAVAX contains a weakened chickenpox virus. Tell your health care professional if you will be in close contact with newborn infants, someone who may be pregnant and has not had chickenpox or been vaccinated against chickenpox, or someone who has problems with their immune system. Your health care professional can tell you what situations you may need to avoid.

Before you get Shingles, get vaccinated.

ZOSTAVAX®
Zoster Vaccine Live

Patient Information about ZOSTAVAX® (pronounced “ZOS tah vax”) Generic name: Zoster Vaccine Live

9989115

You should read this summary of information about ZOSTAVAX before you are vaccinated. If you have any questions about ZOSTAVAX after reading this page, you should ask your health care provider. This information does not take the place of talking about ZOSTAVAX with your doctor, nurse, or other health care provider. Only your health care provider can decide if ZOSTAVAX is right for you.

What is ZOSTAVAX and how does it work?
ZOSTAVAX is a vaccine that is used for adults 50 years of age or older to prevent shingles (also known as zoster).

ZOSTAVAX contains a weakened chickenpox virus (varicella-zoster virus).

ZOSTAVAX works by helping your immune system protect you from getting shingles.

If you do get shingles even though you have been vaccinated, ZOSTAVAX may help prevent the nerve pain that can follow shingles in some people. ZOSTAVAX does not protect everyone, so some people who get the vaccine may still get shingles.

ZOSTAVAX cannot be used to treat shingles, or the nerve pain that may follow shingles, once you have it.

What do I need to know about shingles and the virus that causes it?
Shingles is caused by the same virus that causes chickenpox. Once you have had chickenpox, the virus can stay in your

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nervous system for many years. For reasons that are not fully understood, the virus may become active again and give you shingles. Age and problems with the immune system may increase your chances of getting shingles.

Shingles is a rash that is usually on one side of the body. The rash begins as a cluster of small red spots that often blister. The rash can be painful. Shingles rashes usually last up to 30 days and, for most people, the pain associated with the rash lessens as it heals.

Who should not get ZOSTAVAX?

You should not get ZOSTAVAX if you:

- are allergic to any of its ingredients.
- are allergic to gelatin or neomycin.
- have a weakened immune system (for example, an immune deficiency, leukemia, lymphoma, or HIV/AIDS).
- take high doses of steroids by injection or by mouth.
- are pregnant or plan to get pregnant.

You should not get ZOSTAVAX to prevent chickenpox.

Children should not get ZOSTAVAX.

How is ZOSTAVAX given?

ZOSTAVAX is given as a single dose by injection under the skin.

What should I tell my health care provider before I get ZOSTAVAX?

You should tell your health care provider if you:

- have or have had any medical problems.
- take any medicines, including non-prescription medicines, and dietary supplements.
- have any allergies, including allergies to neomycin or gelatin.

- had an allergic reaction to another vaccine.
- are pregnant or plan to become pregnant.
- are breast-feeding.

Tell your health care provider if you expect to be in close contact (including household contact) with newborn infants, someone who may be pregnant and has not had chickenpox or been vaccinated against chickenpox, or someone who has problems with their immune system. Your health care provider can tell you what situations you may need to avoid.

Can I get ZOSTAVAX with other vaccines?

Talk to your health care provider if you plan to get ZOSTAVAX at the same time as the flu vaccine.

Talk to your health care provider if you plan to get ZOSTAVAX at the same time as PNEUMOVAX®23 (Pneumococcal Vaccine Polyvalent) because it may be better to get these vaccines at least 4 weeks apart.

What are the possible side effects of ZOSTAVAX?

The most common side effects that people in the clinical studies reported after receiving the vaccine include:

- redness, pain, itching, swelling, hard lump, warmth, or bruising where the shot was given.
- headache

The following additional side effects have been reported with ZOSTAVAX:

- allergic reactions, which may be serious and may include difficulty in breathing or swallowing. If you have an allergic reaction, call your doctor right away.
- chickenpox
- fever

- hives at the injection site
- joint pain
- muscle pain
- nausea
- rash
- rash at the injection site
- swollen glands near the injection site (that may last a few days to a few weeks)

Tell your health care provider if you have any new or unusual symptoms after you receive ZOSTAVAX. For a complete list of side effects, ask your health care provider.

Call 1-800-986-8999 to report any exposure to ZOSTAVAX during pregnancy.

What are the ingredients of ZOSTAVAX?

Active Ingredient: a weakened form of the varicella-zoster virus.

Inactive Ingredients: sucrose, hydrolyzed porcine gelatin, sodium chloride, monosodium L-glutamate, sodium phosphate dibasic, potassium phosphate monobasic, potassium chloride.

This page summarizes important information about ZOSTAVAX. If you would like more information, talk to your health care provider or visit the website at www.ZOSTAVAX.com or call 1-800-622-4477.

Rx only

Issued June 2011

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VACC-1016603-0042 10/12

President plans to visit NYC tomorrow

President Barack Obama will visit New York City tomorrow, touring the damage for the first time since Hurricane Sandy slammed into the East Coast.

Obama offered to visit the city right after the storm, but Mayor Michael Bloomberg declined, and the president instead went to New Jersey, where the storm made landfall.

The president will be in New York to visit Sandy-affected areas, but the White House has not yet issued his exact schedule or potential visit locations.

Meanwhile, Bloomberg announced that the city and federal governments will work together to establish centers in seven different spots in the city, offering help all in one place.

The centers, which Bloomberg dubbed “restora-

What is inside the centers?

Restoration centers will be set up in seven different locations throughout the city to help New Yorkers with Sandy's aftermath.

- ▶ Benefit information about Medicaid and getting food stamps
- ▶ Department of Small Business Services information on loans and reimbursements
- ▶ State Office of Temporary and Disability Assistance
- ▶ FEMA staff

tion centers,” opened yesterday in hard-hit neighborhoods like Far Rockaway, Gravesend, Coney Island and Staten Island.

Three more locations in Red Hook, Breezy Point and Throggs Neck-Pelham Bay will open later this week.

At the centers, city government services will be available as well as federal staffers.

Many residents had complained that help was not readily available or easily accessible.

“Getting back to normal is impossible if the damage from the storm has destroyed your most basic needs — a safe and secure home and the ability to provide for your family,” said Deputy Mayor Cas Holloway.



ALISON BOWEN
alison.bowen@metro.nyc.gov



▶ President Barack Obama greets Hurricane Sandy victims Oct. 31 at a neighborhood in Brigantine, N.J.

Quoted

“We are taking our ongoing relief efforts an important step further by setting up one-stop city offices that make it simpler and more convenient for New Yorkers get the help they need.”

BLOOMBERG

250K

Tons of debris removed so far by the Department of Sanitation in the city

800

Trucks deployed by the Department of Sanitation after Sandy

10K

Downed trees cleaned up in the city that were damaged by the storm

2M

Meals distributed by the city to people in need after Hurricane Sandy

600K

Bottles of water that were distributed to people in need after Sandy

\$2

Cost of ticket for a new ferry service to bring people to the Rockaways

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In the news

Psychiatrist attacked with sledgehammer

MIDTOWN. A man wielding a sledgehammer and a knife reportedly went on the attack Monday morning inside of a psychiatrist's 12th-floor Midtown Manhattan office. Police said they arrested Jacob Nolan, 20, and charged him with attempted murder and criminal possession of a weapon. Nolan used his sledgehammer first and then his knife against the psychiatrist, according to an NYPD spokesman. But the psychiatrist, identified in news reports as Dr. Michael Weiss, was apparently able to wrestle the knife from Nolan and stab back. Both men were taken to the hospital in serious condition, police said. Weiss, whose office is located on West 57th Street near Columbus Circle, says on his website that he has operated his own practice for the past decade. The Daily

News reported that Nolan's cousin is Weiss' ex-girlfriend and the mother of Weiss' child.

● METRO/JG

Man arrested in wife's death

STATEN ISLAND. A man was arrested for allegedly killing his wife, a city teacher, yesterday. According to the New York Post, Jonathan Crupi was arrested yesterday morning. His wife, Simeonette Mapes-Crupi, 29, was stabbed to death in July and found in the couple's home in Staten Island. Investigators reportedly now think that the husband was the murderer, although he allegedly told police he was not there at the time. Both taught at an East New York school. ● METRO/AB



Mapes-Crupi

MTA: No MetroCard refunds after Sandy

MTA NEW YORK CITY TRANSIT / MARC A. HERMANN

The MTA may have gotten subway back up and running within two weeks of the devastating Hurricane Sandy, but don't ask for much more than that.

There will be no refunds or extensions for people who purchased monthly or unlimited MetroCards and were unable to use them during service interruptions due to the storm, MTA spokesman Kevin Ortiz confirmed to Metro.

He declined to offer any further explanation for the decision.

The MTA did offer free rides for the first two days trains were running with limited service after Sandy, but that didn't do much for monthly or unlimited MetroCard holders who had already purchased their rides for that time period.



CASSANDRA GARRISON
cassandra.garrison@metro.us



► Crews work to clear the L train tunnel.

Several lines still affected

The 1, J, Z, A and R trains are still having service changes, according to the MTA's website.

News in brief

Electrical worker attacked

LONG ISLAND. A man from Florida who came to help restore utilities after Hurricane Sandy was attacked by a stranger instead, according to reports. John Applewhite, an electrician who came to the city to help get lights back on, was reportedly attacked outside an East Hempstead, N.Y., restaurant Friday. According to the Daily News, Applewhite, 34, had finished a 13-hour work day when a man approached him and pummeled him, breaking his jaw. He is now back in Florida recovering from his injuries.

● METRO/AB



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NYC real estate will rebound after Sandy, execs say

New York City's commercial-property market will rebound from Hurricane Sandy as it has from previous disasters, according to real estate executives.

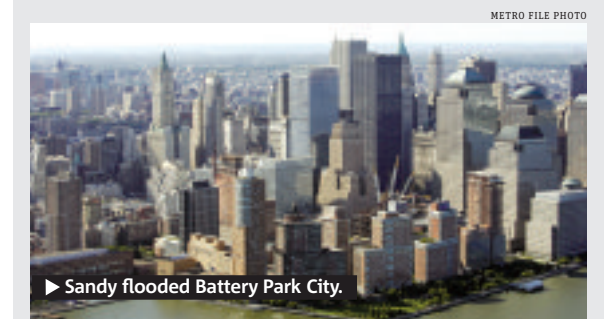
"As bad as Sandy is, I believe, in a year, we will be back to normal," Peter Hauspurg, chairman and CEO of New York-based Eastern Consolidated Properties Inc., said yesterday at the Bloomberg Commercial Real Estate Conference in New York.

While the "intrinsic value of New York is high," low interest rates may be helping to hold up property prices, said Richard LeFrak, chairman and CEO of the LeFrak Organization Inc.

"It's the gorilla in the room," LeFrak said.

Flooding in Lower Manhattan after Sandy displaced workers from their offices and residents from their homes.

As of Nov. 12, almost 29 percent of Lower Manhattan office space was out of operation be-



► Sandy flooded Battery Park City.

Reimagined city

Jobs lost after Sandy will be replaced by firms that will "help reimagine the city" and hire architects, engineers, design-

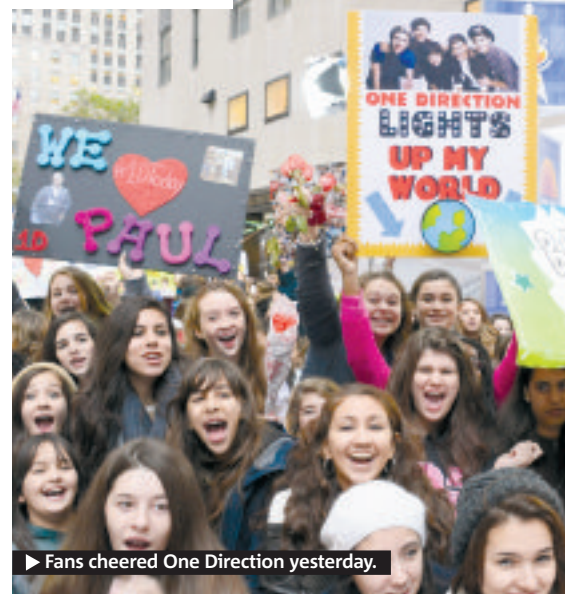
ers and construction workers, said Bill Rudin, CEO of Rudin Management Co., the landlord of two Lower Manhattan buildings that flooded.

cause of the storm, according to Jones Lang LaSalle Inc.

Even before the storm, the Manhattan office market's performance was mixed. In Midtown South, technology and media firms drove down the va-

cancy rate. Rents at Manhattan's best offices fell 7.1 percent in the third quarter from the previous three months, the biggest drop in three years, according to New York-based CompStak Inc. **BLOOMBERG**

Fans. Whirlwind



► Fans cheered One Direction yesterday.

KEVIN MAZUR/WIREIMAGE

Waiting days for One Direction

Fans lined up outside NBC's "Today" show with signs and shouts yesterday morning to see British boy band One Direction perform at Rockefeller Plaza. The band attracted a screaming mob of young girls who waited hours, and even days in some cases, for the show. **METRO**

In the news

Man sentenced to 15 years for subway assaults

LOWER EAST SIDE. Manhattan District Attorney Cyrus Vance announced yesterday that Godfrey Molemohi, 54, was sentenced to 15 years in state prison for attacking people at the F subway station on Second Avenue in 2010. According to prosecutors, Molemohi approached a woman inside the station and said, "I want to touch you." When she tried to flee, he punched her in the neck. He then banged another woman's head against a brick wall and slashed a man with a box cutter who tried to stop him. Molemohi was convicted last year. Vance called his actions "vicious, unprovoked attacks" that were "part of a pattern of increasingly violent behavior." **METRO/AB**

FThe assaults
happened outside
an F station.

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Petraeus scandal widens, top US commander in Afghanistan implicated

The scandal involving former CIA Director David Petraeus widened yesterday as U.S. defense officials said they were looking into "flirtatious" e-mails between General John Allen, the top U.S. commander in Afghanistan, and a woman at the center of the affair.

Defense Department officials were sifting through 30,000 pages of e-mail and other communications between Allen and Jill Kelley, a Florida socialite whose complaints about harassing messages led to the discovery of Petraeus' affair with his biographer.

The revelation threatens to fell another of the U.S. military's biggest names after Petraeus' surprise resignation last week. It also complicates Presi-

Flirty e-mails

A senior defense official told Reuters the e-mails between Allen and Kelley were seen as potentially inappropriate because they were "flirtatious" in nature, not because they dealt with sensitive information. Allen has denied that the two had a sexual relationship, officials said on condition of anonymity.

dent Barack Obama's efforts to wind down the war in Afghanistan and reorganize his national security team following his reelection.

Defense Secretary Leon

Panetta said Allen, a four-star Marine Corps general, would stay in his job for the time being, and the White House said Obama still had faith in Allen's ability to command U.S. troops in Afghanistan.

But asked how Obama saw the unfolding scandal at a time when his priorities include impending fiscal cliff, Press Secretary Jay Carney said: "I certainly wouldn't call it welcome."

Obama suspended plans to transfer Allen to Europe. He was to be the commander of U.S. and allied forces in the region.

The investigations raised questions about how top U.S. officials in sensitive national security posts allowed themselves to become so personally involved with the women. **REUTERS**



The three women in Petraeus case

Jill Kelley is a fixture on the Tampa, Florida, military scene, volunteering for community relations work with foreign military officers stationed at MacDill Air Force base.

She is also a friend of David Petraeus, and yet, she

appears to have contributed to his departure as director of the CIA. It was Kelley's complaints about harassing e-mails from the woman with whom Petraeus had an extramarital affair, Paula Broadwell, that later exposed the liaison.

Petraeus' wife of 37 years, Holly, is an official in the Consumer Financial Protection Department.

REUTERS

Obama has faith in Allen to continue

President Barack Obama has faith in General John Allen to continue commanding U.S. forces in Afghanistan while under investigation for alleged inappropriate communication with a woman at the center of the scandal involving former CIA Director David Petraeus, the White House said yesterday.

Quoted

"He has faith in General Allen."

WHITE HOUSE SPOKESMAN JAY CARNEY TOLD REPORTERS, SAYING THE PRESIDENT BELIEVED ALLEN WAS DOING A GOOD JOB IN AFGHANISTAN

Carney reiterated Obama's call for the Senate to move quickly to confirm Allen's successor, General Joseph Dunford. **REUTERS**

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Opinion

MATS AND
KARIN
ERIKSSON

POLITICAL CORRESPONDENT

A 2-YEAR-OLD
HIDING BEHIND
THE UNIFORM
AND THE MEDALS

All leader hierarchies are a honey pot for narcissism — excessive vanity and self-centeredness. This is equally true in the military as it is in the corporate or political world. Why would a successful and popular military leader risk everything? Not because he needed the sex. The world is asking how could he be that stupid? Narcissists are not motivated the same way as balanced ordinary people.

What makes pathological narcissistic leaders difficult to understand is that we can't see they are in the middle of a life and death struggle to maintain a false self-image.

How does that false self-image develop? One important source of pathological narcissism can be found along the road to maturity. At a certain stage, children discover their own will power by challenging their parents. If good parenting does not help the child to balance its will, they grow up with a secret sense of entitlement. When this child becomes an adult that sense of entitlement can survive as a very childish part of the personality — a self-image built on the false belief they really are that important.

And where does the bad judgement come from? After all, narcissists all seem to be intelligent and mature — at least on the surface. Someone appointed as head of the CIA would have to present pretty well to those making the decision. The problem is that people appointing leaders aren't able to see the whole picture, they don't know there is a 2-year-old hiding behind the impressive uniform and the medals.

So how could such a seemingly powerful person be foolish enough to squander everything for the short lived pleasure of an extramarital affair? Well, not because it was cool or exciting, but because he desperately needs it. If a narcissist is unable to get their narcissistic fuel, which is the attention and adulation of others, they end up depressed, feeling worthless and lonely, thus making their actions into a life-and-death struggle to maintain a flawed identity. What makes narcissistic leaders dangerous is that they are not motivated by work and love. They will do anything to keep their self-image intact, to feed their sense of entitlement.

— Mats and Karin Eriksson are the authors of *The Salamander Club*. More information about their book and their work can be found at www.salamanderclub.com

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

Opinion

Why are the women treated differently to the generals?

With a documented epidemic of one in three servicewomen being sexually assaulted by their comrades in the military, the news of an affair between General David Petraeus and Paula Broadwell seems insignificant by comparison.

The amount of resources being used to uncover this relationship between two consenting adults raises the question: Why do we spend more time reporting on extramarital affairs, while neglecting a problem as atrocious as rape within the military?

The coverage of this story is not only blown out of proportion, it replays tired sexist attitudes towards women. Since Adam and Eve, women have been scorned and blamed for tempting men and causing their downfall.

We've all read about Broadwell's "revealing arm pits," tight shirts and toned arms that were often left uncovered. A stereotype about seductresses is nev-

er complete without tales of how she "got her claws in him," as the Business Insider reported, quoting a source.

Meanwhile, General Petraeus is being applauded for admitting the affair and "doing the right thing" by resigning, while the CIA is without a leader and vulnerable as a result of his poor choices.

Let's stop pitting every woman who is caught having an affair with a powerful man as the evil temptress who brings him down.

The real scandal is that with each passing day spent digging for more titillating facts about General Petraeus' sex life, more women in the military will be raped.

The public shaming belongs to the media — not to Broadwell — for doing a disservice to the public by confusing the real issues of our time. **SONIA OSSORIO, PRESIDENT, NATIONAL ORGANIZATION FOR WOMEN, NYC**



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Funding provided by grants from the U.S. Department of Homeland Security.

Abe's burial, voter rage and Twinkie shock

Verify this president's papers



Burial records for soldiers, including Lincoln, online

A genealogy website has posted burial records for more than half a million military personnel for the first time as part of a government bid to digitally preserve the aging documents.

The burial and headstone application records, which include entries for General George Custer and President Abraham Lincoln, were previously available only on paper at the National Archives in

Washington, D.C.

They were posted on Ancestry.com through a partnership with the U.S. Department of Veterans Affairs and the National Archives and Records Administration, said Todd Godfrey, the Utah-based company's senior director for U.S. content.

The U.S. Army began tracking burials at national cemeteries and military posts in the 1860s. In 1973, data for 82 national cemeteries was turned over to the veterans department. **REUTERS**

Overkill

Man executed for stabbing death

An Ohio man who stabbed a woman 138 times and cut off her hands was put to death yesterday in the state's third execution since the lifting of a six-month moratorium imposed by a judge last year. Brett Xavier Hartman, 38, was convicted of the murder of Winda Snipes in Akron, Ohio, 15 years ago.

Hartman was convicted in April 1998 of tying Snipes to her bed and stabbing her 138 times, splitting her throat and cutting off her hands. They were never found. **REUTERS**

138

Number of times victim was stabbed

Health care



Clinton: Foundation to see to health gaps

In one of his last messages to the U.S. Congress as president, Bill Clinton declared disparities in health "unacceptable in a country that values equality and equal opportunity for all," and called for a national goal to eliminate the gaps by 2010. It didn't happen. But now Clinton hopes to do it through his William J. Clinton Foundation. Yesterday he announced the foundation will try to close the gaps in health based on income, race and education, and also take aim at preventable disease. **REUTERS**

Doing her civic duty

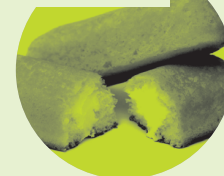
Police: Woman runs down husband for not voting

An Arizona woman, in despair at the reelection of Democratic President Barack Obama, ran down her husband with the family car in suburban Phoenix on Saturday because he failed to vote in the election, police said. Holly Solomon, 28, was arrested after, police say, running over husband Daniel Solomon following a chase that left him pinned underneath the vehicle. Daniel Solomon, 36, is expected to survive. Police said Solomon told them his wife became angry over his "lack of voter participation" and believed her family would face hardship as a result of Obama winning another term.

REUTERS



Food crisis



Bakery closures hit Twinkie production

The nation could face a shortage of Twinkies after the company that makes the popular snack closed three bakeries.

Hostess Brands Inc. closed the bakeries in Seattle, St. Louis and Cincinnati after the company's workforce went on strike.

The strike was caused by a dispute over planned cuts to wages and benefits, and in response, Hostess warned it could ax up to 30 percent of its nationwide workforce of more than 18,000. It also makes Ding Dongs. **METRO**

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Super thin body armor can be bulletproof and even meteorite-proof, U.S. scientists claimed after successful tests.

The material combines layers of rubber and glass just fractions of millimeters thick. In experiments conducted by a research team from Rice University and the Massachusetts Institute of Technology, the material successfully absorbed micro-bullets fired at thousands of meters per second.

"It's something no-one has done before and it helps us to see what structure can stop a bullet," lead scientist Dr. Ned Thomas of Rice University told Metro. "We need to scale up the experiment but as the micro-bullets we used were larger than the structure they were hitting, I would not expect a different reaction on a larger scale."

Research will accelerate and commercial partners will

Quoted

"It's something no one has done before, and it helps us to see what structure can stop a bullet."

LEAD SCIENTIST DR. NED THOMAS

"The real breakthrough is that this could protect the head, whereas helmets now can't take a rifle bullet, which would be a massive advantage."

GEOFFREY INGERSOLL

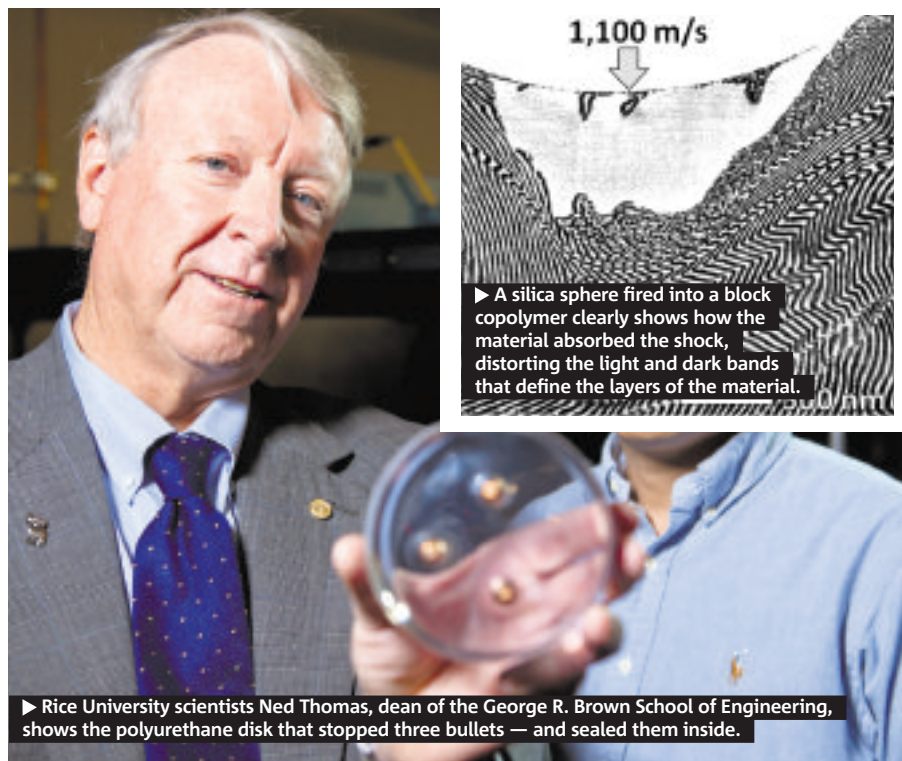
be involved in the next year. The program has been funded by the U.S. military as part of the Institute for Soldier Nanotechnologies and is expected to revolutionize the battlefield experience for soldiers.

"It will trickle down through the Seals and special forces before it gets to the infantry," Geoffrey Ingersoll, former U.S. soldier and military technology journalist, said. "The real breakthrough is that this could protect the head, whereas helmets now can't take a rifle bullet, which would be a massive advantage."

Nano-innovations are rapidly spreading in the U.S., with the same research team at work on "bomb-proof" material. Micro-sensors have also been a productive research area.



METRO WORLD NEWS IN LONDON



► Rice University scientists Ned Thomas, dean of the George R. Brown School of Engineering, shows the polyurethane disk that stopped three bullets — and sealed them inside.

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THE WORD



Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) dorothy.robinson@metro.us

2



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

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What is the most useful app on your phone?

@katyperry
I finally turned the faucet back on and it's a flowing... Well well well

@ParisJackson
had soooo much fun at disneyland today!!

@SteveMartinToGo
Latest poll shows that many Americans believe that Abraham Lincoln is the current president who just made a movie.



We found love: Metro spends a jet-setting week with Rihanna

To celebrate the release of her seventh album, "Unapologetic," **Rihanna** is starting a seven-day, seven-city tour today, and Metro Sweden reporter Katarina Matsson is joining her. Matsson is part of an exclusive group of reporters and fans from all over the world who will board the superstar's private plane in L.A. for the aptly titled 777-tour.

"I'm so excited about the 777-tour. We will transform this jumbo jet into a tour bus. We will practically live in it for a week: Sleeping, partying, all together: me, my fans, the press. ... It is going to be a wild ride," Rihanna says.

And Metro is going to take you behind the scenes for the whole shebang, which you'll be able to read on this page every day (sorry **Dorothy**). Something to watch out for? On Friday, she performs in Stockholm where ex-boyfriend **Chris Brown** will also conveniently be. Maybe we'll get to the bottom of all the "are they?/aren't they?" rumors of her possible romantic reconciliation with a guy she once had a restraining order against. Meanwhile, we're excited to share what Ri Ri is calling a "rock 'n' roll adventure."

KATARINA MATSSON/METRO SWEDEN

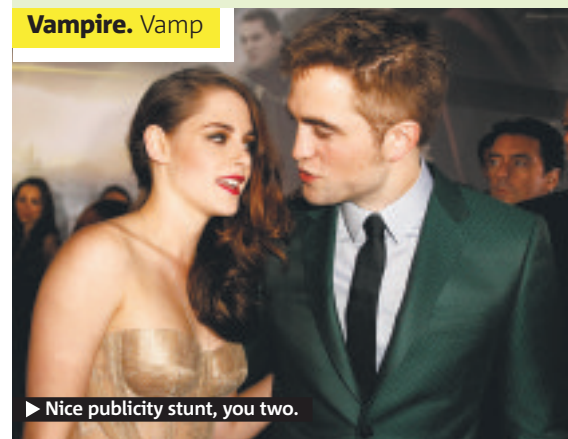
Rihanna's 777-tour

What: Seven days, seven cities, seven shows to celebrate the release of Rihanna's seventh

studio album, "Unapologetic" on Nov. 19.

Where: Starting today in Mexico City, Thursday: Toronto, Friday: Stockholm, Saturday: Paris, Sunday: Berlin, Monday: London, Tuesday: New York.

Vampire. Vamp



► Nice publicity stunt, you two.

GETTY

Exes are reunited on red carpet

Robert Pattinson and Kristen Stewart walked the red carpet together for the first time since their breakup for the premiere of their new film, "Breaking Dawn - Part 2." Pattinson donned a green Gucci suit while Stewart wore a strapless Zuhair Murad gown.

Talking points

Clock is ticking for Bieber reconciliation

While **Justin Bieber** fans are still in shock over his split from **Selena Gomez**, there might be good news for them on the horizon. It appears the pair met up on the sly at the

London Hotel in NYC this week, according to Hollyscoop. Bieber was spotted slipping into the hotel a few hours after Gomez checked in, and she later left with a Bieber pal, Alfredo Flores, while Bieber himself reportedly snuck out the back entrance with Gomez's bodyguard. And besides, both are expected to attend this weekend's American Music Awards, so the clock is ticking for a rec-

onciliation.

Swift on what kind of man she likes

Taylor Swift has certainly had enough relationships in the last few years to get a sense of what she's looking for, and it turns out she sometimes just wants to be told what to do. "If I feel too much like I'm wearing the pants, I start to feel uncomfortable and then we



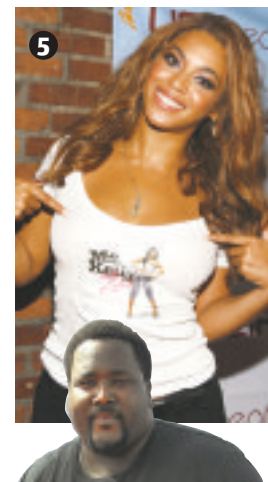
► Nothing to see here

break up," she tells Harper's Bazaar. "It's wonderful to hand over the reins to your boyfriend when you control so much of these big, high-pressure decisions, you know? That is a huge factor in who you choose to be with."

Knightley on her itty bitty, well, you know

Keira Knightley has a simple set of rules for how much skin

she'll show on camera, and going topless isn't a problem for the British actress. "I'm quite rigorous about what gets exposed," she tells Allure magazine. "No bottom half! I don't mind exposing my [breasts] because they're so small — people really aren't that interested." The magazine appears to disagree, using a topless photo of Knightley, carefully shielding her chest with her arms, for the cover.



Keep your T-shirt on

1: Yesterday we ran a story on two new **Bruce Springsteen** books, "Bruce" by **Peter Ames Carlin** and "Streets of Fire" by photographer **Eric Meola**. But we liked this additional shot from Meola's book (featuring the Boss getting rowdy with a shirt promoting a brand of automobile shifters) so much that we had to spend an extra day on

it. Incidentally, Carlin and Meola will be at Barnes and Noble (105 Fifth Ave.) today at 6 p.m. to discuss their new Springsteen books.

2: **Christina Aguilera** gets a little rough with **Mickey Mouse** to give herself some breathing room. Or is she getting out some old "Mickey Mouse Club" angst?

3: Is **Sarah Jessica Parker** wearing a shirt that celebrates a "Jackass"

star's spin-off show?

4: And does **Kelly Clarkson** like **Ozzy Osbourne** that much? Actually, that would make sense.

5: We'll use any excuse to get a **Beyonce** pic into our paper, but this 2007 shot of her promoting what was then the new album of her Destiny's Child bandmate **Kelly Rowland** allows us to fix our eyes to the place where she is

pointing without feeling pervy.

6: You remember actor **Quinton Aaron** from his role in "The Blind Side," but maybe he'd rather you remember him as somebody who tells you how he rolls, which is like **Charlie Brown**, apparently.

1: © ERIC MEOLA 2011
2: DAVID LIVINGSTON/GETTY IMAGES
3: ALDO CERBALLOS/FILMMAGIC
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Test your 'Twilight' knowledge

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▶ As the famed vampire romance series wraps up this weekend with the release of 'The Twilight Saga: Breaking Dawn - Part 2,' we quiz you on the details that only the most devoted of Twihards would know

1 For their honeymoon in "The Twilight Saga: Breaking Dawn: Part 1," Edward takes Bella to Isle Esme. What is the real name of the closest Brazilian town where the scenes were filmed?

A) Ilhabela, Ilha de Sao Sebastiao in the Brazilian state of Sao Paulo
 B) Paraty, Costa Verde in the Brazilian state of Rio de Janeiro
 C) Breves in the Brazilian state of Para
 D) Sao Jose de Ribamar, Sao Luis Island in the Brazilian state of Maranhao

2 Carolina Herrera designed Bella's wedding dress for the movie. How many buttons are on the back of the dress from the top to the hemline?

A) 107



▶ Bella's wedding dress

B) 235
 C) 730
 D) 152

3 Who was Stephenie Meyer's first choice to play Edward Cullen?

A) Henry Cavill
 B) Ryan Gosling
 C) Chase Crawford
 D) Zac Efron

4 What is the name of the beer that Charlie drinks in "Twilight"?

A) Rainier Beer
 B) Pike Beer
 C) Pyramid Ale
 D) Red Hook Pilsner

5 What are the main differences between the Cullen family crest in the movie and the Cullen



▶ Back in simpler times: Edward and Bella attend the prom in the first "Twilight" film.

Coat of Arms in real life?

A) There's a lion and no sheaf of wheat on the movie crest.
 B) There's a lion and no sword on the movie crest.
 C) There's a lion and a lamb on the movie crest.
 D) There's a lion and a fleur de lis on the movie crest.

● MICHELLE CASTILLO/MWN

Answer key

▶ **0 questions right:** You call yourself a fan!?

▶ **1-2 questions right:** You might have intimate vampire knowledge, but don't expect to join the Cullen family anytime soon.

▶ **3-4 questions:** It's time to get out of the movie theater and in-to the great outdoors. You're starting to sparkle in the sun.

▶ **5 questions:** Scarier than the Volturi, you are.

1: B; 2: D; 3: A; 4: A; 5: A
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Silva: The gay Bond villain?

► Javier Bardem dissects his skillfully manipulative character in the latest James Bond film, ‘Skyfall’

As Silva, the big bad guy in “Skyfall,” Javier Bardem joins an impressive legacy of Bond villains that includes such icons as Blofeld and Scaramanga. So how does Bardem make his entry into the canon stand out? Director Sam Mendes had a few ideas: “I want a certain kind of villain, and I have a very particular idea of the kind of flamboyant, lip-smacking relish of this kind of villain,” Mendes explains. Here are some key elements a larger-than-life bad guy needs to cross James Bond:

An air of menace: This is a bad guy who gets his kicks playing with people, according to Bardem. “Sam gave me this great note, which is uncomfortableness,” he says. “We wanted to create somebody that creates uncomfortable situations rather than being somebody

Quoted

“We wanted to create somebody that creates uncomfortable situations rather than being somebody scary and threatening.”

BARDEM

scary and threatening.” That sense of uncomfortableness comes across most strongly during a charged scene in which Silva begins flirting with Bond. “It was part of the game, but he’s not entirely gay,” Bardem explains.

A sense of fun: “Camp is a word

that somebody taught me the other day,” Bardem admits. “I realized that we were dealing with something that was fun to play, and that will also bring the opportunity to do ... a humble homage to the Bond classics mixed with something more modern.”

A private island: Just as important as a Bond villain’s personality quirks is his choice of hideout. When Bond convinces Severine (Berenice Marlohe) to take him to Silva, he soon finds himself approaching a deserted island off the coast of China. This is where Silva has set up his base of operations. As he teasingly asks upon meeting Bond, “Do you like my island?”

 **NED EHRBAR**
METRO WORLD NEWS IN LOS ANGELES



A personal connection

It becomes clear before long that Silva has past ties to M16 and its head, M (Judi Dench), a connection that makes him all the more threatening. “There’s a clear motive. Something happened to him that changed his whole perspective of the world that has to do with the motive in the movie,” explains Bardem. “So I think the power of this character is that we understand what he’s going through, what he went through. It’s very personal, it’s very human. This is not a man with bigger thoughts of destroying the world or something like that. It’s more like a person with a very specific goal in mind. And that makes him even more dangerous.”



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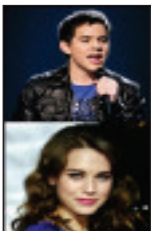
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TV watch list



► Why should you watch "Eddie Murphy: One Night Only"? This happens.

‘Eddie Murphy: One Night Only’

SPECIAL. Eddie Murphy is celebrated for his impressive contributions to comedy. (The words "Pluto Nash" shall not be spoken.) Jamie Foxx, Samuel L. Jackson, Tracy Morgan and Chris Rock are among the celebrities toasting the star. **10 p.m., Spike**

‘Whitney’

COMEDY. Not canceled — but not liked very much, either — the sitcom about committed-but-unmarried couple Whitney and Alex gets a second shot at wooing audiences. **Season premiere, 8 p.m., NBC**

‘Suburgatory’

COMEDY. Tessa's plans to reunite with her family for Thanksgiving are going great — until her deadbeat mom (Malin Akerman) unsurprisingly flakes out. **9:31 p.m., ABC**

‘The Neighbors’

COMEDY. "You eat that?" — Anticipated reaction of the aliens upon viewing the Weavers' jigging, can-shaped cranberry sauce at Thanksgiving dinner. **8:30 p.m., ABC** ● **AMBER RAY**

Come on, feel the Boys Noize

The Skrillex connection

One of your collaborations is Dog Blood — with Skrillex. Can you tell us how that collaboration came about?

► Yeah, I've heard about that. [Laughs] It's two crazy guys. They are from two different backgrounds. I heard they made some music in Berlin. It's pretty cool. I like their stuff.

Seriously, did you guys just meet up one day?

► We're good friends. He's a cool guy. We just played around with some stuff.



► Ridha rocks the Roseland Ballroom on Nov. 30.

anything because I was German, I was rapping along! I stopped buying hip-hop records toward the beginning of 2000 because it got too much, like, jiggy. ... But I was still a big fan of any Neptunes or Timbaland production, and of course Dre. And of course Snoop!

What was it like working with Snoop on "Got It"?

I was always saying to myself, "If I would be able to make a track for him, I could stop making music." I grew up with his sound. It was cool. You know he wants to vibe first, so we hung out a little bit. In the beginning of this year, we had the chance to record music together, hang out in his apartment and stuff. It was really nice and he's such a great guy.

How do you pick who you collaborate with?

I never have "featuring" on my album, except that Snoop joint. But, when I make music with other people, it has to be someone who inspires me as well, where I can learn something.

● **MICHELLE CASTILLO/MWN**

Alexander Ridha has made a name for himself. Performing under the name Boys Noize, he's been able to mix it up with big names like Tiesto and Skrillex and collaborate with Snoop Dogg and Jarvis Cocker — all without major label representation. We caught up with Ridha to talk about his newest album, "Out of the Black," and find out what influences him and keeps him going.

What inspired you most on "Out of the Black"?

One of the big parts of this album was really getting back. Since it's my third album, I was trying to get this feeling back when I first started producing. Most of the time, when you don't know what you are doing, that's when the magic happens. I was really clearing my head and forgetting about everything that is going on right now and what is hot right now. It's a very personal album. **You have a lot of disco and hip-hop influences. Is that what you grew up listening to?**

I have a 10-years-old brother, and at the end of the '80s he was buying all those early house records, so I was always into that, into real house music and rap at the same time, Run DMC and Public Enemy and stuff. ... The old-school stuff was kind of like Pharcyde or Wu-Tang. When that s— came out, I was able to rap the whole ODB album, the first one. Even though I didn't understand



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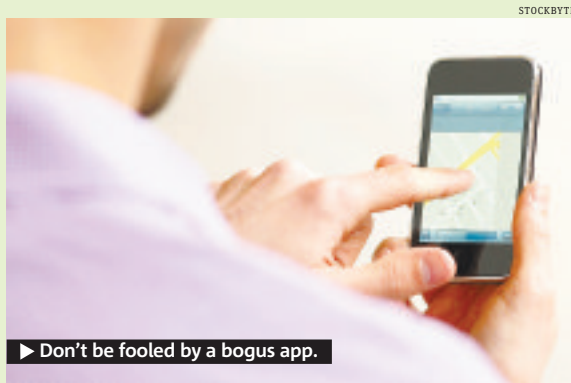
In the news

Is your mobile device safe from hackers?

Consumers may associate hacks and security breaches with the PC, but thanks to the massive growth of smartphones and tablets in the past few years, cybercriminals are turning attention to the budding platform, looking for new ways to extract personal identification and credit card information from unsuspecting users.

Although mobile security makes headlines daily — with harrowing statistics, such as the fact that approximately 40 percent of U.S. mobile users will click on an unsafe link this year — the biggest trend in mobile vulnerability is related to apps.

"While mobile hacks can happen in any number of ways, one of the most common access points is through insecure apps," Zach Lainer, researcher at Veracode, tells



40

Percent of U.S. mobile users who will click on unsafe links this year

"With mobile gadget growth projected to triple by 2015, there's no reason to believe mobile hacks will do anything but follow that trend." ZACH LAINER

Mashable. "People should be concerned about what information the apps they install have access to and what gets shared on a regular basis. Users should also be more wary of which free Wi-Fi hubs they're connecting to, as most users don't think twice about connecting to any free and open wireless network."

For example, about 100,000 Android apps — of the 650,000 total apps in Google Play — were recently considered "suspicious" or "questionable," according to research conducted by security software firm Bit9.

Although not all of the apps were deemed malicious, they performed questionable tasks and have access to private information, which present a risk to enterprises.

"With mobile gadget growth projected to triple by 2015, there's no reason to believe mobile hacks will do anything but follow that trend," Lainer says. "Android is particularly more susceptible to attacks, and its apps market has been in the spotlight recently for a lack of any type of security standards protecting its users."

Of the 6 million people affected by Android malware from June 2011 to June 2012, most were affected by toll fraud applications, when an unsuspecting victim is billed through premium SMS services such as wallpaper subscriptions. This type of fraud makes up 62 percent of all threats found on mobile apps, according to Lookout's 2012 State of Mobile Security Report.

SAMANTHA MURPHY FOR
Mashable
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NARS's ode to Andy Warhol

Francois Nars, ever the Warhol fan, didn't simply name a few shades in his new limited-edition holiday collection after the pop art icon — he worked with the Andy Warhol Foundation for the Visual Arts to capture and celebrate the artist's spirit and work. The bold colors in the line are based on the ones Warhol favored for his cre-

ations, and eyeshadow palettes feature imprints of the artist's famous paintings: Self Portrait (1967) and Flowers (1965). His muses, including Edie Sedgwick, Candy Darling and Debby Harry, even have gift sets based on them. Paint on this makeup and go find your 15 minutes of fame.

The Nars Andy Warhol collection is divided into two lines: one based on bright Pop Art, which is sold exclusively at Sephora, and another, more moody collection based on the Silver Factory and sold at department and specialty stores.



Pampered pick

Jaboneria Marianella soap

Graphic designer Marianella Febres-Cordero and her filmmaker son David Foote use a traditional technique from Venezuela to create natural luxe soaps. Made with ingredients such as oatmeal, argan oil and honey — and packaged in chic paper designed by Foote — feel free to pamper your body and your bathroom.



Natural nicety

Sentara Rose Gel Remover

Who says organic can't be fabulous? We're not only loving the rose purifying makeup remover by French skin care line Sentara — it's made with all-natural ingredients such as vitamin-packed acai and the hydrating inca inchi plant — but we're equally smitten with the stylish gold and white animal print bottle. **TINA CHADHA**



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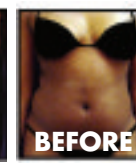


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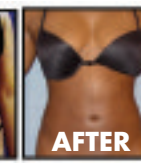


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► Sure, you're building up damage every time you light up ► But you're hurting yourself in the short-term, too ► Doc-approved ideas for quitting

The myth that the effects of cigarette smoking take decades to cause organ damage is far from the truth.

"We often see acute plaque ruptures in people in their 30s who have no other risk factor," says Dr. Sameer Sayeed, a cardiologist with ColumbiaDoctors, the physicians and surgeons of Columbia University. "They even go into cardiac arrest. Sometimes we can resuscitate, sometimes we can't."

"From a cardiology perspective, we see the worst effects of smoking," he continues. "The toxins in cigarette smoke erode the artery walls and cause ruptures. If they survive, we can use stents. But if they don't stop smoking, those stents get blocked quickly."

Such is the addictive quality of nicotine that many smokers don't quit until their health has deteriorated to the point of permanent organ damage — and

Tips for quitting

"I recommend my patients take a cessation program with a counselor and keep trying until they find something that works for them," Dr. Sayeed says. Here are his thoughts on some popular aids out there:

► **Chantix, a prescription medication:** "We use Chantix as long as the side effects are tolerable. Some people can't tolerate the nightmares [it's linked to], and it is expensive."

► **Nicotine patches:** "They are less expensive than Chantix. We have a good success rate with them."

► **Electronic cigarettes:** "Electronic cigarettes work in giving the smoker that hand-to-mouth satisfaction. Smokers can substitute them



► For tips on kicking butts, call 800-QUIT-NOW (784-8669).

and have that after-dinner cigarette, just without the smoke." But they're not without controversy: A September study out of Vienna found that electronic cigarettes still restrict a user's airways, even after just one puff.

► **Cigars/pipes:** "Some people are so addicted that we wear them onto cigars and pipe smoking first to break their habit."

some continue even after surgery.

"Smokers who make it to their 50s and 60s, that's when we see all the heart's blood vessels damaged — and it's not fixable by stents," says Dr. Sayeed. "That's when we have to do bypass surgery. Some older smokers who get lung cancer that heals still don't stop smoking. They think, 'I beat it once, I can beat it again.'"

Many smokers often quote an elderly relative or neighbor in their 90s who smoked all their lives and evaded disease, but Dr. Sayeed says that they're a rarity.

"Lung and heart disease doesn't happen to all," he says. "Some people are resistant due to something in their genetics. They are lucky. But they are few."

 **LINDA CLARKE**
letters@metro.us

Health notes

This Saturday, get healthy

► Party off the bike

Flywheel Sports is opening the doors of a new flagship cycling studio on the Upper West Side (466 Columbus Ave.) with a party this Saturday. Come by between 11 a.m. and 2 p.m. to check out the new digs and taste food from some of the UWS's most well-known restaurants, like Ditch Plains, Shake Shack and Momofuku.

► Crank it up


This Saturday is Cranksgiving, an annual event that's part bike race, part food drive and part scavenger hunt across the city. You'll zip around town buying food for the homeless, which will be donated to the soup kitchen at St. Mary's Church in Brooklyn. It's free to register, but bring \$15-\$20 to pick up groceries along the way. Registration is at 12:30 p.m. at Solar



► Cranksgiving

One, 23rd St. & the East River. This year's donations benefit St. Mary's Soup Kitchen, City Harvest and the NY Bike Messenger Foundation. Can't participate in the race? Donate online at www.cranksgiving.org.

► Dance for a cause

Dance For Love's Black & White Ball raises funds and awareness for HIV/AIDS. One hundred percent of your \$15 donation at the door benefits the American Run for the End of AIDS and Trinity Place Shelter safe place for LGBT Youth. The party starts at 9 p.m. at the Ritz Lounge (369 W. 46th St.).  **MEREDITH ENGEL**

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SNACKS

Need a cure for that mid-afternoon slump? Fueling your body and brain with the right combination of nutrients boosts energy naturally. Here are four super-snacks that will reboot your system so you can successfully power through your day.

Hummus deviled eggs

In this lean, mean version of deviled eggs, I've replaced the yolk with heart-healthy hummus. The combination of hummus and egg whites delivers a double dose of protein, a nutrient that can help you perk up. Scientists in the U.K. discovered that protein stimulates cells in the brain that promote wakefulness, so you can stay alert and focused. To assemble this grab-and-go snack, simply hard-boil a few eggs, cut them in half and replace the yolk with 1 to 2 teaspoons of regular or flavored hummus.

Energy snack mix

Ward off an afternoon crash with this high-octane trail mix. Combine two cups of air-popped or low-fat popcorn with two tablespoons of roasted edamame and two tablespoons of roasted peanuts, then sprinkle on your favorite seasonings (try a spicy Creole blend). You'll get an ample amount of protein, thanks to the crunchy combo of edamame and peanuts. The popcorn and edamame also contribute plenty of fiber, which helps smooth out blood sugars and ensure a slow, steady supply of energy. Stash a pouch of this brain-boosting blend in your bag so you're armed and ready next time you need a lift.

Chocolate protein pudding

When a chocolate craving strikes, you may be tempted to hit the vending machine for a candy bar, but buyer beware: These calorific treats deliver a dangerous, energy-zapping mix of sugar and fat. Instead, get your cocoa fix the smart way with this luxurious, homemade chocolate protein pudding.

Try this

Green tea-mango smoothie

Give yourself a jolt of a.m. or afternoon energy with a green tea smoothie. Antioxidant-rich green tea contributes a modest dose of caffeine, while nonfat Greek yogurt delivers a concentrated hit of protein to get your brain cells fired up. Brew one green tea bag in 4 ounces of hot water for three to five minutes, then remove the tea bag and let the tea cool to room temperature. Blend the tea with half a cup of nonfat vanilla Greek yogurt, one cup frozen mango chunks, and three to five ice cubes until smooth.



► Snack on your own pudding for a kick of protein.

To whip it up, simply stir two teaspoons of natural, unsweetened cocoa powder into one container of nonfat vanilla yogurt. You'll satisfy your sweet tooth and get an instant pick-me-up from the protein-rich yogurt.

— For more high-energy snack ideas, visit www.JoyBauer.com, and follow Joy on Twitter (@joybauer) and Facebook.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

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- My toes aren't straight – they are crooked, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thicker no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

If any of these apply to you, call today.



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Today in medicine

Gender's possible effect on resistance to infections

Study subjects: Various data
Location of study: U.S.
Results: A study published in BioEssays states that men have a greater frequency of infections and more chronic infections, but women are more susceptible to succumbing to disease if infected.
Significance: Researchers are looking into both genetic and hormonal factors in virus resistance. With better, fuller knowledge of how a virus works in the body, treatment that is more effective can be administered.

Pregnancy complications in bipolar mothers

Study subjects: Bipolar and nonbipolar mothers
Location of study: Sweden
Results: A new BMJ study states that mothers with bipolar disorder (treated or not) have an



increased risk of giving birth prematurely. Common mood-stabilizing drugs are used to treat bipolar disorder, but previous research has linked some of these drugs to pregnancy and birth complications.

Significance: Since complex issues such as whether the mothers with bipolar disorder had other risk factors (such as smoking, obesity and alcohol or substance abuse) are unclear, the researchers concluded that mood-stabilizing drugs are one of many risk factors babies of bipolar mothers face.

Black tea linked with lower diabetes

Study subjects: Consumers in 50 countries
Location of study: Worldwide
Results: A BMJ Open study on black fermented tea consumption indicates a beneficial link between black tea and the development of diabetes. In countries where people consume a lot of black tea, fewer cases of type 2 diabetes were found. Ireland was at the top of the list of black tea drinkers, while South Korea, Brazil, China,

Morocco and Mexico had very low consumption rates.
Significance: The research is inconclusive, but the new findings add to previous research of black tea as an aid against diabetes and obesity.

Booze may shorten life more than smoking

Study subjects: More than 4,000 men and women
Location of study: Germany
Results: Women who are alcohol-dependent have a death rate that is 4.6 times higher than non-drinking women, and men who are alcohol-dependent have a rate 1.9 times higher, reports the journal Alcoholism: Clinical & Experimental Research. The mean age of death for the alcoholics studied for 14 years was 60 for women and 58 for men. Both ages are about 20 years younger than regular life expectancy rates.
Significance: Deaths related to smoking, which are usually because of cancers, often occur in later stages of life. Deaths from alcohol abuse can occur earlier.

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Mike Golic's diabetes game plan

GETTY IMAGES

► In honor of World Diabetes Today (today!), the co-host of ESPN's 'Mike & Mike in the Morning' gives us a play-by-play rundown of his schedule ► How his management of the disease fits into his busy life

The routine

► **4:15 a.m.:** Wake up and check my blood sugar. Usually it's a little low in the morning. I do this so I can plan ahead to help keep my blood sugar regulated, so that I feel good and have energy throughout the day. Through my partnership with Merck and the American College of Endocrinology on a program called The Game Plan I have learned tips for helping manage my diabetes through the program's four "goals," such as setting goals with my doctor, planning meals ahead of time and integrating exercise into my day.

► **4:40 a.m.:** I head to ESPN studios to host my morning radio show. It's a short ride so I lis-

ten to the radio on the way in and arrive at 5 a.m.

- **5 a.m.:** I normally have fruit and oatmeal as I catch up on the sports news and scores from the previous night. It's important that I eat right in the morning because it sets the tone for my whole day and helps me manage my blood sugar, blood pressure and cholesterol.
- **10 a.m.:** Wrap up the show and have a mid-morning snack, like a low-fat muffin or yogurt to keep my blood sugar in check.
- **Noon:** Head home and prepare lunch. I eat things like celery and carrots and we eat a lot of chicken in my house because the protein helps slow my body's absorption of carbohydrates and prevents

spikes in my blood sugar. Then, I take the dogs for a walk to get in some easy exercise. After experiencing an episode of low blood sugar during a workout, my doctor recommended I exercise after eating to avoid future low blood sugar episodes. He told me the most common causes are skipping meals, excessive exercise and certain diabetes medications.

- **3 p.m.:** I sometimes lie down in the afternoon to rest and either before or after that I have a little snack, which may be more fruit or some carrots, hummus, celery or things of that nature. These foods are low in calories and don't contain added sugar.
- **6 p.m.:** My wife makes dinner most nights and is great about

Keep track of your progress

► **8 p.m.:** Prep for tomorrow's show, and account for my progress. I record everything in my Healthy Meals and Snacks Planner from BloodSugarBasics.com that helps me keep track of my food intake and blood sugar levels.

making sure it's healthy. She cuts up vegetables like zucchini and tomatoes and makes meals with whole wheat pasta and grilled chicken since it's a good source of protein and fiber.

- **9 p.m.:** Lights out – I'm in bed early because I'm up around 4:15 a.m. for the show.



► Mike Golic's hectic schedule still allows him time to eat right, exercise and manage his diabetes.

Everyone knows I had the sweetest moves in the NBA ...

...but you might not know about my family's lifelong battle with sugar diabetes. If you or someone you love is at risk for diabetes, here's what you do: **Get active.** Stop watching so much TV and playing computer games. **Eat a balanced diet** and put a slam dunk on junk food. And **have your blood sugar levels tested** every three months if you have a family history of diabetes.

"As a former NBA champion, I believe in winning. With a little education, you and your family can win the fight against diabetes. For more healthy tips, along with a chance to win a FREE autographed jersey, visit me at www.facebook.com/HFHealthyLiving."

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INA12_107(a)

diabetes awareness

Diabetes fact or fiction

What better time than National Diabetes Month to sort fact from fiction? Metro asked Dr. Anthony Cannon of the American Diabetes Association to clear up some myths for us.

► **Eating a lot of sugar and desserts causes diabetes.**

"This isn't true. People think if they consume large amounts of sugar, they'll get diabetes. It can aggravate an existing problem, but in itself it won't cause diabetes. People look at simple carbohydrates [like] sugar and ice cream and cakes. But you have to look at total carbohy-

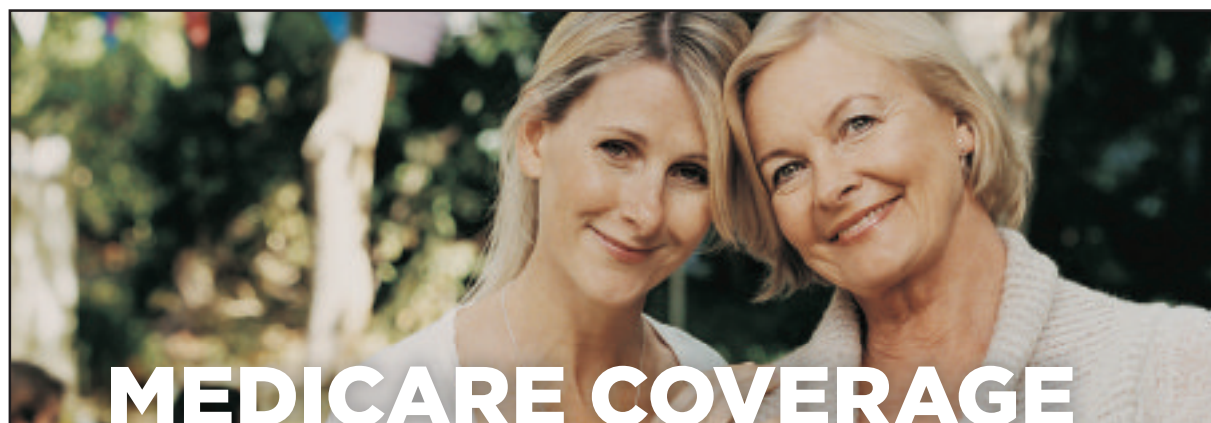
drate intake as a whole [to assess your risk]."

► **Diabetes is genetic and not caused by lifestyle.**

"That's partly true. It's caused by environmental and genetic factors. There's an epidemic I call diabetes, because obesity and diabetes are linked. We can

control environmental factors with what I call medical nutritional behavior. I teach my patients to moderate their diets. Once people get to age 30, though, it's very hard to get them to change."

► **Diabetes affects certain ethnic groups more than others.**



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► **Diabetes isn't just found in overweight people.**

Diabetes only affects people who are overweight

"That's actually a myth. I have had patients who are razor-thin who have insulin resistance and develop dia-

betes. We have to be very careful about categorizing it as a disease that only overweight and obese people get. I recommend everyone over 30 get a blood test to make sure they are not pre-diabetic."

"This is true. Asian, Latino, African-Americans and Native Americans are all high risk for type 2 diabetes. But it isn't simply their genetics. There's a strong element of cultural influence."

► **Diabetes is a manageable disease, not a killer one.**

"It's a chronic condition that can be managed with drugs and lifestyle changes, and people can live a long time with it. But diabetes is the leading cause of blindness, kidney disease and lower extremity amputations. There is data that enables us to predict for the first time in generations that a whole generation won't live as long as previous ones, because diabetes causes high blood pressure

Did you know?

► RiteAid's wellness+ for diabetes provides access to pharmacists specially trained in diabetes as well as savings on many common diabetes products. Sign up in any store or at www.riteaid.com/diabetes — you'll get a free diabetes lifestyle management kit with an informational guide and coupons for doing so.

and coronary heart disease. This is an amazing reversal of the trend in longevity."

LINDA CLARKE
letters@metro.us

News in brief

Merck scraps combination diabetes drug

Merck & Co. no longer plans to develop a drug to treat type 2 diabetes that would have combined its largest selling diabetes drug, Januvia, with a generic version of

Pfizer Inc.'s cholesterol drug Lipitor.

Merck said on Friday that it decided to stop clinical development of the program for business reasons. The decision is not related to concerns about the safety of the two drugs, according to Merck spokeswoman Pam Eisele.

According to Merck's website, the drug, which was called MK-0431E, was in late-stage development. **REUTERS**

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Medication Guide
JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?
Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

- Tell your doctor if you have ever had
- pancreatitis
 - stones in your gallbladder (gallstones)
 - a history of alcoholism
 - high blood triglyceride levels
 - kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

Symptoms of a serious allergic reaction to JANUVIA may include:

- rash
- raised red patches on your skin (hives)
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
 - have kidney problems.
 - have any other medical conditions.
 - are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.
- Pregnancy Registry:** If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Take JANUVIA tablets whole. Do not split, crush, or chew JANUVIA tablets before swallowing. If you cannot swallow JANUVIA tablets whole tell your doctor.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.

- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
 - headache
 - drowsiness
 - weakness
 - dizziness
 - confusion
 - irritability
 - hunger
 - fast heart beat
 - sweating
 - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist. Tell your doctor if you have any side effect that bothers you, is unusual or does not go away. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin.

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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DIAB-1039462-0000 07/12

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► The FDA has recommended approval for degludec, which would be sold under the brand name Tresiba, a new long-acting insulin.

FDA, Novo Nordisk upbeat about Tresiba insulin's US prospects

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COPENHAGEN. Denmark's Novo Nordisk sees strong commercial potential for degludec, its long-acting insulin, which is poised to receive the green light from U.S. regulators.

Shares in the company rose 10 percent Friday morning after a U.S. Food and Drug Administration panel on Thursday night recommended approval of the drug, despite possible cardiovascular risk.

Novo has estimated that degludec, which will be marketed under the brand name Tresiba, could become a blockbuster drug, generating more than \$1 billion in sales within five years of launch.

"I think the commercial potential is going to be significant in the U.S.," Chief Executive Officer Lars Rebien Sorensen said on an analysts' call.

The labeling of the drug in the United States, where Novo expects to generate the bulk of future sales, will be key. It said on Friday that talks with regulators about the labeling are expected to begin soon.

"Until we see that final wording and how that might translate into market material, of course, we should be a little careful about estimating what the commercial potential is," Sorensen said.

Shares in Novo Nordisk, the world's biggest insulin producer, climbed nearly 10 percent in early trade and were up 8.9 percent as of 10:05 a.m. GMT last Friday.

10%

Share increase for Novo Nordisk Friday morning after FDA recommended approval of degludec, despite possible cardiovascular risk

Tresiba is central to Novo's aim of ending Sanofi's dominance of the long-acting insulin market. It expects to launch the new product in several European markets early next year, subject to final approval.

The drug already has been approved by regulators in Japan and the FDA rarely goes against its advisory panel's recommendations when making its final decision.

The advisory panel said on Thursday that it was concerned about a trend toward higher incidence of cardiovascular events with degludec than other drugs in 16 large clinical trials, even though the difference was not statistically significant.

However, it expressed enthusiasm for the drug's 24-hour duration of action, saying that it would allow patients to take the insulin at a different time of the day if they missed taking it at their usual times.

Mads Krogsgaard, Novo Nordisk's chief science officer, said he did not expect labels in Europe or Japan to mention the cardiovascular risk. **REUTERS**

diabetes awareness

Recipe

Cook to your health: Skillet Pork and Peppers

If you like traditional Italian-style sausage and peppers, you will love this dish. Pork tenderloin is coated with a sausage rub and then seared to perfection with sweet onions and a rainbow of bell peppers. Pepperoncini finishes the dish, adding a tangy, pickle-like flavor to complement the Italian seasonings and sauteed vegetables.

- ½ teaspoon salt
- ¾ teaspoon black pepper
- 2 teaspoons fennel seeds, crushed
- 2 teaspoons oregano
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 pound pork tenderloin
- 1 tablespoon olive oil, divided
- 2 cups yellow onion (about 1 large), cut into ¼-inch slices

- 3 garlic cloves, minced
- 2 medium green bell peppers, cut into ½-inch slices
- 1 medium red or yellow bell pepper, cut into ½-inch slices
- 1 teaspoon fresh rosemary, chopped
- 2 tablespoons sweet vermouth or water
- ¼ cup pickled pepperoncini, cut into thin slices

1 Mix the first six ingredients (salt through paprika) in a small bowl. Cut the pork into 12 equal slices (about ½- to ¾-inch wide each). Coat the pork thoroughly with the spice rub.

Nutrition information per serving

(Three pieces of pork plus peppers): Calories 250 | Carbohydrate 13g (Sugars 7g) | Total Fat 10g (Sat Fat 2.5g) | Protein 25g | Fiber 3g | Cholesterol 75mg | Sodium 380mg | Food Exchanges: 3½ Lean Meat, 2 Vegetables | Carbohydrate Choices: 1 | **Weight Watchers point comparison:** 6



► This yummy take on an Italian classic makes four servings.

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2 Heat 2 teaspoons of the oil in a large saute pan over medium high heat. Add the pork to the skillet and sear for two minutes on each side or until browned (the middle will be pink). Transfer the slices to a plate and set aside.

3 Add the remaining teaspoon of olive oil to the pan, reduce heat to medium and add the onion and garlic. Saute for three minutes or until browned and slightly softened. Add the bell peppers, rosemary and vermouth, and cook for seven to eight minutes, turning the peppers until they are crisp tender. Add the pepperoncini and cook for one minute.

4 Return the pork to the pan, reduce heat to low, cover and cook for five minutes or until peppers are tender and pork is thoroughly cooked.

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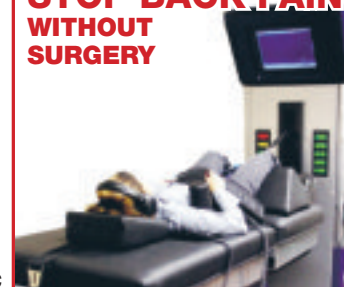
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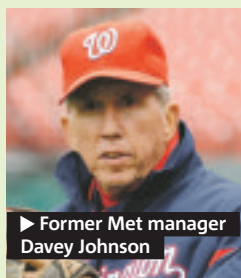
In the news

MLB trade

The AL East might be getting even tougher in 2013.

Reports indicate the Marlins and Blue Jays are close to agreeing to a trade that would send former Met Jose Reyes and pitchers Josh Johnson and Mark Buehrle to Toronto for Yunel Escobar and two top prospects.

The Marlins just signed both Reyes and Buehrle to multi-year contracts before the 2012 season.



► Former Met manager Davey Johnson

Johnson, Melvin top managers

Davey Johnson and Bob Melvin both engineered unexpected turnarounds in Washington and Oakland, and yesterday they were both rewarded with the Manager of the Year awards.

Johnson won a convincing race as he registered 23 of 32 first-place votes and 131 points. Melvin just edged out Orioles manager Buck Showalter by eight points.

"Absolutely shocked," Melvin told MLB Network. "Buck had such a great year, and just to be talked about in the same light, with respect to baseball people like him and Robin Ventura, it's quite an honor for me. So, yeah, shocked would be the right word."

● LARRY FLEISHER

Nets take third straight, Knicks extend win streak

► Brooklyn improves to 4-2 on season with win over Cavs ► Big 3 all go for more than 20 points ► Anthony leads New York over lowly Orlando

The Nets had a three-pronged plan last summer.

They wanted to lock up Deron Williams to a max contract, add a high-caliber talent to play alongside Williams and — barring a trade for Dwight Howard — lock up Brook Lopez.

Last night, those elements all came together.

The Nets routed the Cavaliers, 114-101, last night at Barclays Center in a game that was not as close as the final score indicated. The Nets improved to 4-2, while Cleveland fell to 2-6.

Deron Williams (26) and Joe Johnson (25) combined for 51 points. Brook Lopez had 23 points, seven rebounds and four blocks. Kris Humphries chipped in with 12 points and five rebounds.

The Nets ended the competitive portion of the evening in the second quarter. The Nets outscored Cleveland, 35-12, in the second, led by the second unit.

Trailing 30-29 after the first quarter, head coach Avery



► Reggie Evans, left, had eight rebounds off the bench in just 21 minutes of action last night.

69 Combined points for Anderson Varejao and Kyrie Irving; however, the rest of the team scored just 32

Johnson elected to have the reserves start the second. They responded with a 19-4 run spanning nearly seven minutes. At the half, the Nets had a 64-42 lead — the third straight home game in which the Nets had a 20-point lead in the game.

The key to the run was Andray Blatche. Blatche had eight points, five rebounds and two blocked shots in the quarter. He finished with 11 points, five rebounds and three blocks.

DENIS GORMAN
sports@metro.us

Knicks make it five in a row

Like the Nets before them, the Knicks didn't have any trouble with the Magic last night, winning 99-89.

New York is now 5-0 on the season — the only undefeated team left in the NBA.

The Knicks shot lights out from the field, going 41-for-84 (49 percent), though they didn't keep up the defensive pressure they'd shown the first four games of the season.

Carmelo Anthony, playing 43 minutes, finished with a game-high 25 points and eight rebounds. Raymond Felton had 21 points and five assists, while J.R. Smith added 21 as well off the bench.

As has been the case all season, the Knicks haven't turned the ball over. They went into the game leading the NBA in fewest turnovers per game and kept it up with just nine last night. The Magic had 20 in the game — seven by point guard Arron Afflalo.

J.J. Redick's hot shooting kept the Magic, who led by four at the half, in the game. He finished with 17 points. ● METRO

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Metro's NFL power rankings | by Mike Greger

1

TEXANS (8-1)

Finally, change at the top. After the Texans went into Soldier Field on a cold, rainy Bears-type of night and bullied the home team for four quarters, how can they not be considered the NFL's best team? They can win a track meet or a defensive-minded struggle.



GETTY IMAGES

2

FALCONS (8-1)

We fully expected Atlanta to lose to a hungry, rejuvenated Saints team. Matt Ryan and the boys are right where they want to be as they return to the impenetrable Georgia Dome.

3

BEARS (7-2)

This defense is Super Bowl-grade, but Chicago isn't going anywhere without Jay Cutler. Last year, they lost four straight without him and their season faded into oblivion.

4

RAVENS (7-2)

The wheels haven't fallen off without Ray Lewis, and if they can survive a challenging schedule the rest of the way, they will win another AFC North title easily.

5

49ERS (6-2-1)

David Akers doesn't miss many field goals, and San Francisco doesn't lose many close games. At the end of the day, a tie is still better than a loss.

6

PACKERS (6-3)

They might be the hottest team in all of football, after four straight wins and nursing their wounds during the bye. Holding out hope they can get Greg Jennings back.

7

BRONCOS (6-3)

If the Chargers continue to implode, Peyton Manning and Co. can rest on their laurels. Denver plays just two teams with winning records the rest of the season.

8

PATRIOTS (6-3)

We know the offense is good enough, with an average of 33.2 points per game. But that defense doesn't exactly inspire confidence giving up 382 yards per game (25th in the NFL).

9

GIANTS (6-4)

Eli Manning's arm looks tired, the defense looks gassed and the annual November swoon has begun. New York will look to recharge their batteries during the bye.

10

STEELERS (6-3)

It's shocking to believe that, with such deep draft classes, journeymen Byron Leftwich and Charlie Batch are back-ups. If he's out for an extended period, the Steelers are cooked.

11

COLTS (6-3)

Interim coach Bruce Arians may be coaching his way onto a couple of wish lists come this offseason. Indy has already tripled its win total from a year ago.

12

SEAHAWKS (6-4)

Russell Wilson hasn't thrown a pick in his past two victories, while throwing for five TDs. With Wilson doing that, Seattle can compete for the NFC West crown.

13

VIKINGS (6-4)

He's already got the Comeback Player of the Year award locked up. Now it's time to start talking about Adrian Peterson and his surgically repaired ACL as NFL MVP.

14

BUCCANEERS (5-4)

Head coach Greg Schiano's bunch leaps two more spots after knocking off San Diego this week. They are well-balanced and starting to believe in themselves.

15

SAINTS (4-5)

Throw statistics out the window, at least defensive ones. Drew Brees (25 TDs) is willing the Saints to wins — and making a midseason play-off push.

16

BENGALS (4-5)

Impressive performance from Andy Dalton in a win over the defending Super Bowl champions. Let's see if they've figured it out, or simply victimized a broken Giants team.

17

DOLPHINS (4-5)

The Fins got blown out for the first time since Week 1, and with both the Jets and Bills behind them, they are still not out of the mix in slumping AFC East.

18

LIONS (4-5)

Defensive tackle Ndamukong Suh impacts the game in so many ways. Even in a 10-point defeat, he caused fits for the Vikings' offensive line on every snap.

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PRICIEST \$18M

116 E. 61st St.

The most expensive property listed this week is a five-story, 4,000-square-foot townhouse at 116 E. 61st St. It features multiple gas fireplaces and a finished rooftop terrace, and it is listed by Douglas Elliman for \$18M.

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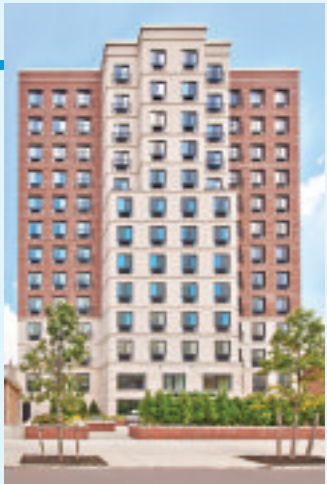


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► Drooling over that gorgeous oak bed, but can't afford the hefty \$3,000 price tag? ► Design blogger Ana White says grab a hammer and get to work
► One tip: Pretend your power tool is 'a hand mixer'

Ladies, forget buying a shelf — let alone getting a man to hang it up. DIY blogger Ana White says build one on your own.

The petite 32-year-old mom constructs furniture — such as a solid farmhouse bed and charming dining room hutch — in her home in Alaska and shares her easy-to-follow plans on her wildly popular furniture design site, Ana-white.com. Last month, she released her debut book, "The Handbuilt Home," with instructions and tips for 34 (mostly new) stylish and budget-friendly woodworking projects.

For those afraid to pick up a drill, White uses her own experience as motivation. "I didn't



use a drill or saw until I was in my mid-20s. It's not that you can't, it's just that you haven't been taught," says White, who built her first piece of furniture

because she and her husband couldn't afford high-quality design and didn't want to compromise on cheaper particle board options. "A drill to me is as easy as a hand mixer — it rotates with an attachment. So I say, 'If you can beat eggs, you can use a drill.'"

Still not convinced? White recommends starting small. "Have your hardware store cut your boards so you're not dealing with a saw. Take them home, use a drill — but pretend it's a hand mixer — and make your first piece of furniture. You'll build up some confidence and go from there."



TINA CHADHA
tina.chadha@metro.us

Why DIY?

White on why you should make your own furniture:

► **Save thousands of dollars:** "Everybody wants to save some money, right? When you build furniture, you save upward of 90 percent off retail. That's why I started building my own. I said, 'I'm a mom. We have a tight budget, where can I be the most effective?' I found that furniture was where I could create the biggest return for my time."

► **You're the boss:** "When you DIY, you say what goes in your home. You can say, 'I want this color. I want it to fit this space. I have a small apartment, I want a floor-to-ceiling bookshelf that fits perfectly.' If you're buying something you're stuck dealing with what is 'in season' or 'in style.'"

► **It's green:** "You can make your project greener. You can say, 'I want a really high indoor air quality in my home, so I'm going to choose formaldehyde-free



JACOB WHITE

► "At Home Depot you can buy a sheet of PureBond formaldehyde-free wood, which means it does not off-gas into your home, for about \$50," says White.

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materials. I'm going to use low VOC paint and make our home healthier as well.' You can also say, 'I don't want to contribute to landfills.' When I make my own furniture, there's no packaging involved. I just go to Home Depot and get some raw boards and build something. I don't have to figure out a way to dispose of this packaging or think about the furniture being shipped overseas and then shipped back to manufacturing plants and distribution centers."

Aren't supplies expensive?

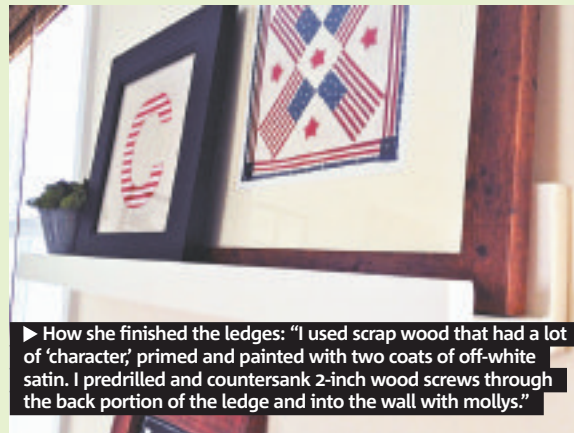
"Most furniture that you buy is particle board. If you're to compare apples to apples, you can buy a 4-foot by 8-foot sheet of particle board big enough to make a bookshelf for \$17 at any hardware store. If you want to go up a grade, make it out of plywood, which high-quality cabinets are made out of. You could buy a sheet of it for \$50."

DIY project Gallery ledges

If you are anything like me, you like to accessorize your house. You want to change things up with the seasons by adding fresh photos and decor. But you want this change to be easy and fast. A simple gallery ledge allows you to keep your home updated season by season, holiday to holiday. Create a wall of vacation memories or use these customizable ledges to display collectibles. In just a few hours, and for as many dollars, you can transform a blank wall into your favorite part of your home.

Shopping list:

- ▶ 1x4: 2' (61cm) per every foot (30.5cm) of ledge
- ▶ 1x2: 1' (30.5cm) per every foot (30.5cm) of ledge
- ▶ Wood glue
- ▶ 2" (5cm) nails or screws or
- ▶ 1½" (3cm) pocket hole screws
- ▶ 3" (7.5cm) screws or picture-hanging bracket
- ▶ Finishing supplies



▶ How she finished the ledges: "I used scrap wood that had a lot of 'character,' primed and painted with two coats of off-white satin. I predrilled and countersunk 2-inch wood screws through the back portion of the ledge and into the wall with mollys."

Tools:

- ▶ Basic hand tools
- ▶ Finish nailer or pocket hole jig or drill with countersink bits
- ▶ Stud finder (optional)
- ▶ Level

Cutting list:

- ▶ 2 1x4s at desired ledge length
- ▶ 1 1x2 at desired ledge length

Directions:

1 Back: If you are using pocket holes, drill ¾" pocket holes every 6" (15cm) to 8" (20.5cm)

along both edges of the bottom of the shelf. Attach the back with glue and 1½" (3cm) pocket hole screws. For nails and countersunk screws, use ample glue and attach the bottom board to the back with 2" (5cm) screws or nails.

2 Front: The front trim is both decorative and functional. It will keep your displays from falling off the narrow ledge. Attach it with either glue and 2" (5cm) finish nails or pocket hole screws if you drilled holes in the

Best tricks

- ▶ Use what you have.
- ▶ Build for your space, modify to fit.
- ▶ Work in short intervals. Take small steps; I do this mostly out of necessity, but it aids in the thinking process, providing time to mull it over, and allows me to make better decisions.
- ▶ If it doesn't exist, make it yourself.
- ▶ Use simple tools: drill, saw, sander, sewing machine — nothing fancy.

first step. Keep all edges flush to the bottom.

3 Hanging: To hang the ledges, locate the studs in your wall with a stud finder (optional) and mark them. Position the ledges on your wall, marking the location of studs on the back of the ledge. Pre-drill holes into the back of the gallery ledge, matching the stud location. Using 3" (7.5cm) screws through the predrilled holes, attach the back of the gallery ledge to the studs

in the wall. Use a level to ensure your shelves are straight. Alternatively, you can use a picture-hanging bracket to hang the shelves.

▶ **TIP: If you hang more than one shelf, leave approximately 15" (38cm) between the two levels of shelves to allow for photos and other artwork.**

4 Planning your ledges: These ledges are simple to build, but you will want to plan out the length of your ledges to fit your wall space. Choosing lengths of 24" (61cm), 32" (81cm), 48" (122cm), and 96" (244cm) conserve the boards best. Lengths less than 24" (61cm) can present hanging challenges.

▶ **TIP: Use painter's blue tape to mark out the location and length of your shelves on the wall. Adjust until you have found the perfect length.**

▶ **TIP: Consider staggering shelves for added interest and to accommodate objects of varying heights.**

— Excerpt from "The Handbuilt Home" by Ana White



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SIZING UP UPPER EAST SIDE TOWERS

► How a slew of new residential buildings in the works stack up next to one another

In the wake of the economic crisis, a citywide inventory drought has sent demand for luxury apartments skyrocketing across the city. And nowhere, brokers say, is that more true than on the moneyed Upper East Side.

However, New York's most prestigious zip codes are about to see that inventory-crunch change.

Developers are putting the finishing touches on a number of highly anticipated new resi-

dential towers, and readying their shovels for construction on others.

In the next few months alone, approximately 363 new units are expected to come onto the market in the neighborhood, according to data provided by new development marketing firm Corcoran Sunshine. Another 79 units are slated to hit the market in 2013 and, so far, 57 more are due to come online in 2014. While inventory is still expected to stay

tight in the neighborhood, those numbers represent an increase in new units compared to the last few years.

Read on for a closer look at the Upper East Side's newest development projects.

KATHERINE CLARKE

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

200 E. 79th St.



► This artist rendering of 200 E. 79th St., by Seventh Art., shows what future tenants can expect.

Number of units: 39
Price: \$1,800 per square foot

The 19-story tower rising on the corner of 79th Street and Third Avenue has been seven years in the making. The property, which was designed by CetraRuddy, will feature a facade with ornamental accents on the windows. Each of the building's 39 units has four or five bedrooms. In addition to those 39 units, six studio apartments on the

building's second floor will be available to buyers who have purchased in the building to use as offices or guest apartments.

Apartments will range in price from just under \$3 million to more than \$14 million and are opening at around \$1,800 per square foot, though unit-specific prices have not yet been released. The price per square foot is lower than other comparable projects in the neighborhood, says Orin Wilf, president

of Skyline Developers who are building the project. According to data from real estate website StreetEasy, the average listing price for an UES condo is \$1,823 per square foot. The median asking price, meanwhile, is \$1,322 per square foot.

"We feel we are where the market should be," says Wilf.

By mid-October, 10 units were under contract. The building is slated for occupancy in the third quarter of 2013.

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135 E. 79th St.



► The Brodsky Organization's 135 E. 79th St. project (shown here in a rendering) is slated to open for sales before the year's end.

Number of units: 30
Price estimate: \$3,000 to \$3,500 per square foot

Construction on the 30-unit condominium by The Brodsky Organization is underway; the building is scheduled to open for sales sometime before the end of the year.

Brodsky acquired the site four years ago from the Hunter College Silberman School of Social Work, which had been located there for more than 40 years. (As part of the deal, Brodsky built the school a new site on 119th Street.)

"I live in the area," says Daniel Brodsky, a partner at the company, noting the difficulty of securing a suitable location west of Lexington Avenue. "It's one of the few places that is a

real residential neighborhood."

The project is going for an authentic prewar look. The brick building will feature limestone relief sculptures. Each of the building's apartments will have a private elevator lobby and a separate service entrance accessed via a back corridor in their unit, Brodsky tells TRD.

The project's website depicts the building as something of a throwback to an earlier (and very grand) New York, claiming a "passionate attention to detail that was once common in this city, but is now depressingly rare." Prices at the building reflect the extra expense at which the building has been constructed, starting at \$7 million and going up to more than \$20 million for the building's top-floor units.

141 E. 88th St.

Number of units: 79
Prices: \$1,900 per square foot

A prewar building at 141 E. 88th St. has been transformed into 79 luxury condominiums by the Cheshire Group, the developer behind the conversion of the Devonshire House on East 10th Street, which serves as home to "30 Rock" actor Alec Baldwin.

The 11-story Carnegie Hill property was originally constructed in 1927 by the

Rhineland Real Estate Company, one of the city's earliest real estate dynasties, and is designed in Renaissance Revival style with classic brick and limestone. The residences all feature crown moldings, coffered ceilings and wood-burning fireplaces.

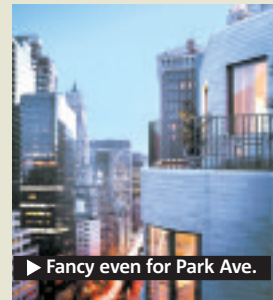
The property includes a wide variety of units — with prices ranging from \$850,000 for a one-bedroom to \$8.5 million for a five-bedroom. A number of penthouses will come on the market next year when their floor plans have been finalized, according to Jenifer Steig, a partner at Cheshire.

530 Park Ave.

Number of units: 116
Price: \$3,250 per square foot

Aby Rosen and Michael Fuchs are transforming a 1940s rental building into a 116-unit condominium.

Their firm, RFR Holdings,



► Fancy even for Park Ave.

bought a majority stake in the 19-story building in 2010, and has invested close to \$70 million to renovate the property, according to published reports.

The prewar, white-brick building will feature classic interiors such as marble baths and herringbone hardwood floors. The building also will have a 24-hour doorman, a private fitness center, a library and a courtyard with a landscaped garden and

reflecting pool, according to the project's website. The amenities, while not necessarily superior to those offered by some of the other new developments in the area, is unusual for Park Avenue, says Jay Solinsky, president of Classic Marketing, the company handling sales at the project.

The developer is reportedly asking around \$3,250 per square foot, making it one of the most expensive new UES condos.

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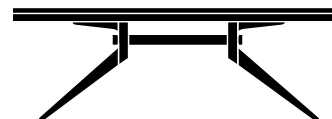
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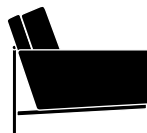
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